

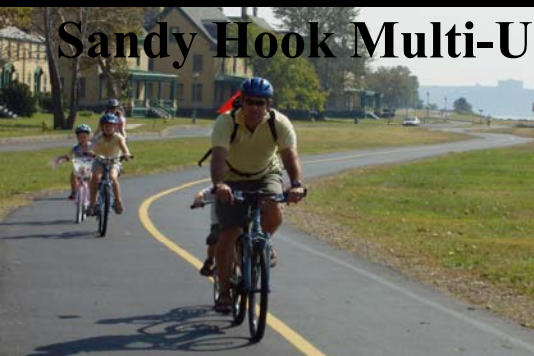
# Sandy Hook

National Park Service  
U.S. Department of the Interior

Gateway National Recreation Area



## Sandy Hook Multi-Use Pathway



### Welcome to the Sandy Hook Multi-Use Pathway

The Sandy Hook multi-use pathway is a paved trail that begins at the entrance of the park and extends five miles to the ferry landing at historic Fort Hancock. The path passes dunes, maritime forests, salt marshes, ocean beaches, bayside waters and historic sites associated with America's military past. All the natural and historic sites that make Sandy Hook a special place.

The path is for bicyclists, runners, skaters and other pedestrian uses. There are restrooms, bike racks and drinking fountains along the route. No motorized use is permitted. Between Memorial Day weekend and Labor Day, a beach parking fee is in effect at beach parking lots. There is no fee to park at Fort Hancock or at other non-beach parking areas. The path is open during regular park hours, from sunrise to sunset.

### Sandy Hook is more than a beach

Plan your visit and get a list of National Park Service programs at the Sandy Hook Visitor Center, open daily from 10 am to 5 pm. You might also consider becoming a Sandy

Hook Volunteer-in-Park. VIPs help at visitor programs, on beach cleanups and with natural and historic conservation and preservation projects. Ask at the Visitor Center for details.

### Share the Trail

**Bicyclists, joggers, walkers, skaters and wheelchairs all use the path.**

**Be courteous to all users regardless of their mode, speed or skill level.**

**Who Yields the Trail?** Before passing another user, signal your approach. A friendly greeting "Hello, I'm passing on your left," works best.

- Faster users yield to slower users
- Bicyclists and skaters yield to walkers
- Bicyclists yield to skaters

**Keep to the Right** except when passing or turning left. Bicyclists ride single file.

**Control Your Speed.** Be able to maintain your lane around curves and unexpected obstacles.

**Dogs on Leash and under Control** at all times.

**Obey posted traffic control devices.**

**Dismount as Posted.** Dismount and walk across roadways and other posted locations.

**Don't block the path.** Move off if you stop.

**No Motorized Vehicles.** Except motorized wheelchairs for handicapped visitors.

**Wear proper Safety Equipment.** Helmets are required for age 14 and under and recommended for all cyclists and skaters.

**Alert Park Rangers on bike patrol** to concerns about the path or the Park.

**Sandy Hook is a Carry-in, Carry-out Park.** Take trash home with you when you leave.

### For More Information

In an emergency contact a Park Ranger or the Sandy Hook Ranger Station at 732-872-5900. For information, stop by or contact the park Visitor Center at 732-872-5970. Write: Sandy Hook, Gateway National Recreation Area, PO Box 530, Fort Hancock, NJ 07732, On the WEB: [www.nps.gov/gate](http://www.nps.gov/gate)

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